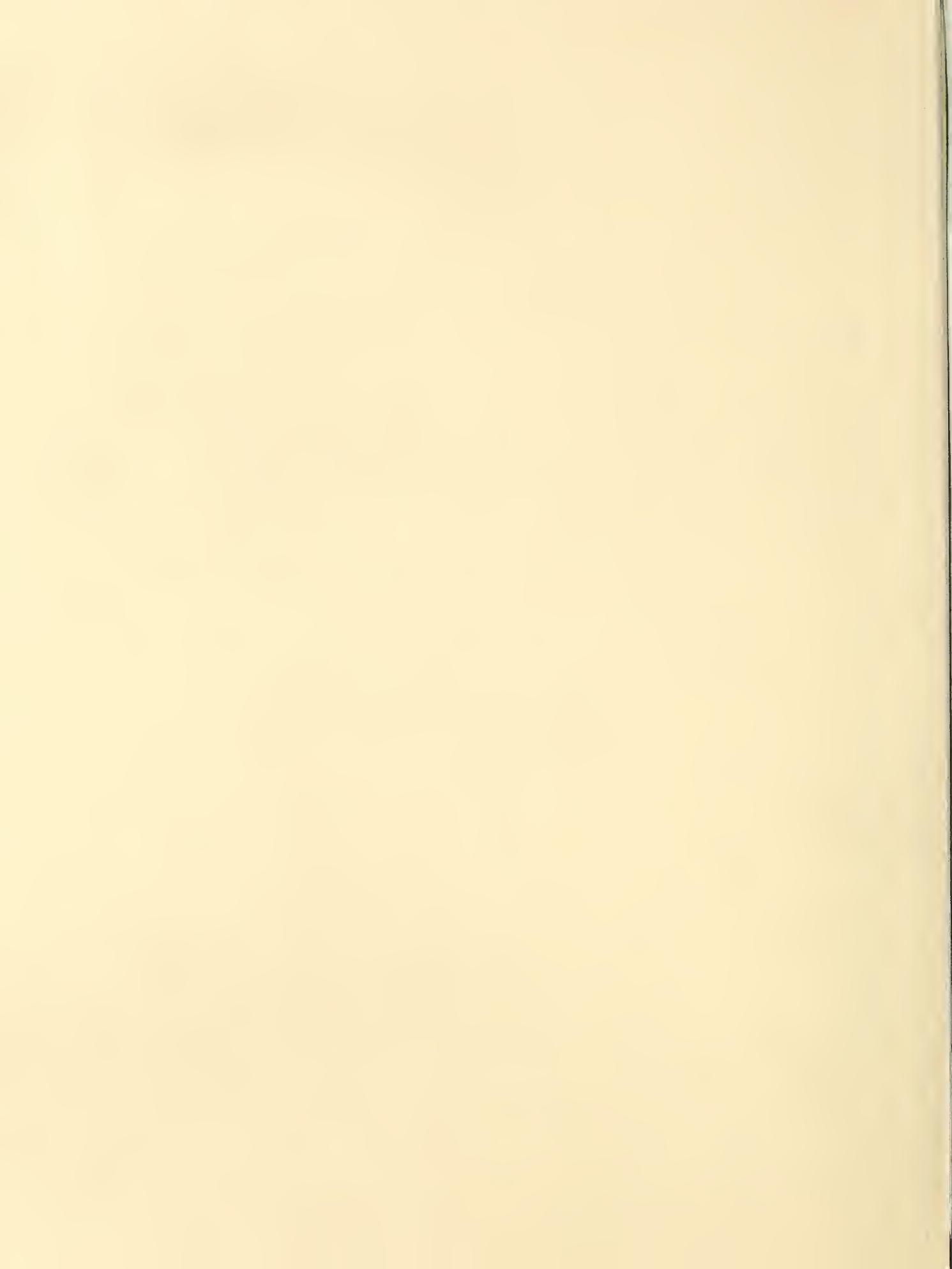


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Program Aide's Guide on

Clean Clothes

PA- 844 • Division of Home Economics • Federal Extension Service • U.S. DEPARTMENT OF AGRICULTURE

The "Clean Clothes" leaflets are for you to use in teaching. You want homemakers to learn:

- Why clean clothes are important.
- How to get clothes clean.
- What different kinds of laundry products do.
- When and how to use them.
- How to save time and money.

When you teach homemakers, you . . .

1. TELL
2. SHOW
3. DO
4. TELL AGAIN

You can teach one woman at a time or several together.

TO TELL:

Talk about real situations. Use clothes washing problems you know other people in your area have, as examples. Be very careful not to mention any names.

Get the homemaker to talk about what clean clothes mean to her, to her family. Ask her if she has been having special problems that you might help her with.

Help her first with the problems she asks you about. Be careful when you suggest changes in the way she likes doing things. Talk *with* the homemaker, not *at* her. Don't preach. Accept her as she is. Don't set yourself or your family up as a perfect example.

TO SHOW:

We remember what we see better than what we just hear about. Show the homemaker how to do the things you talk about. For example, if a woman uses hard water to wash clothes, you could show her how it takes less soap to make suds when she uses a water softener. Don't forget to point out that soap scum left in clothes can make them look dirty.

Use exhibits and displays. You might carry empty packages to show the homemaker the different labels on oxygen and chlorine bleaches.

TO DO:

We remember things longest when we do them ourselves. Ask the homemaker to practice the things you teach her. Help her do her washing. This will let you see how she does things. She will also have a chance to learn by watching the way you do things.

On your next visit, ask her how she has used what you taught her. Be sure to notice and compliment her on any improvement.

TO TELL AGAIN:

Repeating something helps people remember it. Remind the homemaker of the main points in each lesson. Ask her what she remembers best. Encourage her to teach others what she has learned.

OTHER SUGGESTIONS:

If you have problems or questions you can't answer, ask your trainer agent. She will help you.

Be generous with your praise. The homemaker you work with may need to feel that someone outside her family thinks she is doing a good job. Remember, she likes to feel important too.

Before you leave a booklet, look through it with the homemaker. Be sure she knows the meaning of all the words. You may have to point out and explain some of them several times.

Be interested in the children. This may help you work with their mother. Many children, especially older ones, are very self-conscious about their clothes. Young children play hard and may tear their clothes or get them very dirty.

Plan ahead. Be sure the homemaker knows when you are coming and what she will need to have ready. And, take everything else you will need with you when you go. Before you leave, plan with the homemaker what you will do on your next visit.